

The Blue Horizon

E Kokua Pakahi Kakou

October 2001

ISC Honolulu Work-Life Newsletter

Volume 9 Issue 10



OPEN HOUSE

Monday through Friday 1300-1500
Work-Life Satellite Office at the KKH Community Center

A member of your Work-Life staff will offer trained ears and an open heart. Initiated on September 24, by your Work-Life Staff, this service gives all members of Team Coast Guard -- especially family members-- even easier access to Work-Life Staff and services.

HEARTS



*Thursday, Oct.11 6:30 PM
Red Hill Community Center*

APART

A briefing for ANYONE on a deploying unit, especially couples and couples with families. The briefing will last one hour with a discussion period following. The information will cover pre-deployment, deployment, and reunion issues. Additional print information will be provided.

For more information contact the Work Life Center at 541-1580

4 OCT 01
0900-1200

BLOOD DRIVE
Twitty Theater JICPAC Fleet
POC: TAMC Blood Donor Center, 433-6195

20 OCT 01
1900

PREGNANCY & INFANT LOSS MEMORIAL SERVICE
TAMC Chapel, 3rd Floor, D-wing
POC: Capt. M. Nichols, 433-2040
Capt. Kristi Perkins, 433-5337

31 OCT 2001
2000-2200

X-RAY HALLOWEEN TRICK-OR-TREAT BAGS
Department of Radiology, 433-5313

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Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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Yes, send me the Blue Horizon!

Name: _____

Address: _____

Mail to: Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398

Other Family Services

GUAM

Andersen Air Force Base (671) 366-8136
Naval Station Guam (671) 343-2981
Guam Red Cross (671) 344-9260
After-hours (672) 344-9260

OAHU

Hickam Air Force Base 449-2494
COMNAVREG Pearl Harbor 473-4222/2220
AMR 833-6831
Schofield Barracks 659-1900
MCBH Kaneohe 257-7787
Red Cross (808) 471-3155

Contracted Services

Employee Assistance Program
1-800-222-0364
GUAM and after-hours emergencies
1-800-222-0364
Military On the Move (MOM)
Relocation Information Packages
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398**

You can also send e-mail to: FGaran@d14.uscg.mil

Chaplain's Corner

By
LT Daniel E. McKay, CHC, USNR

Like December 7, 1941 so September 11, 2001 is forever etched in our nation's heart and memory. This is so because of the collective pain it has caused, but, more importantly, because of the way it has stirred and united us as a people. No longer are we a collection of hyphenated masses, divided by our diverse skin colors, classes, cultures, and creeds. No, on September 11th we became once more, in fact perhaps for the very first time, *e pluribus unum*—"out of the many, one."

Suddenly, and happily so, it's okay to pray to God and read from scripture, regardless of the place or forum, as well as speak openly of one's pride in being an American. It's as if all the terrorists aimed to accomplish through their diabolical scheme has had, instead, an opposite and equal reaction. Oh, I know there have been, unfortunately and tragically so, isolated cases of hate crimes in some neighborhoods, but hopefully these will soon give way to the tidal wave of spiritual renewal, unity, and patriotism spreading across our nation. Indeed, as the Christian Bible teaches, what was meant for evil God can use for good (Genesis 50:20)—our good, individually and collectively as a people.

This, of course, in no way diminishes the terrible loss of lives or the need for carrying out justice toward the perpetrators. Rightly, therefore, we pause to grieve with our fellow citizens, to remember their loved ones, friends, and coworkers, and we lift up all involved with the monumental recovery efforts. But, as Granger Westberg tells us in his excellent book *Good Grief*, eventually we must accept the loss, affirm God's gift of hope, and embrace life once again: a better, stronger, and more complete person and nation, both on account of and in spite of our grief experience.

And, for us in uniform and our families who love and support us, this means getting on with the work of defending our nation and taking on the offensive posture now demanded by the terrorists' acts of war. Certainly, we acknowledge that terrorism will not be an easy foe to defeat. As with any enemy, however, we also acknowledge that it can and will be defeated through our unity of mind, heart, spirit, and purpose. We pray, therefore, for our nation and its leaders, for our loved ones and ourselves, and,

ultimately, for good's victory over evil. And rest assured, God is already answering our prayers. How do we know this? As the Christian Bible declares, "The salvation of the righteous is from the Lord; He is their refuge in time of trouble. The Lord helps them and delivers them; He delivers them from the wicked, and saves them, because they take refuge in Him (Psalm 37:39-40). May God continue being, then, our refuge and strength, our very present help in this troubling time and beyond (Psalm 46).

Religious Faith and USCG History Calendar:

01 Oct 1996	Operation Frontier Shield begins, largest counter-narcotics operation in USCG history
02-03 Oct 2001	Sukkot (Jewish)
04 Oct 2001	St. Francis Day (Catholic)
05 Oct 1938	Enrollment of first USCG Reserve members
07 Oct 2001	World Communion Sunday (Protestant Christian)
08 Oct 2001	Columbus Day
09-10 Oct 2001	Shmini & Simchat Torah (Jewish)
09 Oct 1852	The Lighthouse Board organized: administered the lighthouse system until 01 Jul 1910
11 Oct 1896	Gold Lifesaving Medal awarded to the Pea Island Life-Saving Station, North Carolina, for heroic actions in saving nine members of the E. S. NEWMAN's crew
13 Oct 1995	Launching of the first 175-foot Keeper Class Buoy Tenders: USCGC IDA LEWIS
15 Oct 2001	Lailat al Miraj & Israa' (Islam)
15 Oct 1944	USCGC EASTWIND, aided by USCGC SOUTHWIND, captured the German Trawler EXTERNSTEINE in East Greenland
18 Oct 1799	French privateer L'EGYPTE CONQUISTE (250 crew) captured by USRC PICKERING (70 crew)
20 Oct 1944	Landings on Leyte, Philippine Islands
20 Oct 1950	USCG tasked by President Truman with the port security mission
24 Oct 2001	United Nations Day
28 Oct 2001	Mulvian Bridge Day (Christian)
31 Oct 2001	Reformation Day (Protestant Christian) All Hallows Eve (Christian)

In God's love,

Chaplain McKay

Fight or Flight

Stress Physiology

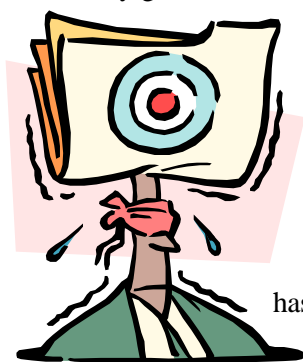
Submitted by
Jessica Dung, MS

The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.

In the October 2000 issue of the Blue Horizon, I blithely recommended the following mnemonic by the Motorcycle Safety Foundation Rider's Course to deal effectively with stressful situations: **SPA. Scan:** learn to recognize stressful situations. **Predict:** predetermine an automatic response to a stressful situation by finding a stress reduction technique you enjoy. **Act:** take deliberate steps of action to reduce the harmful causes of chronic stress. In light of recent events, these casual tips cannot possibly mediate the depth and breadth of the World's reactions to the ordeal of September 11th.

Searching for some healthy perspective, if we could at the very least intellectually understand the human body's physical responses to stressors (any situation that triggers physical and emotional reactions), perhaps we might be able to find a way to cope with the anxiety that has been forced upon us by our world undeniably being turned upside down.

On that sobering note, imagine a near miss. As you step off the curb, a car careens toward you. With just a fraction of a second to spare, you leap safely out of harm's way. In that split second of danger, and in the moments following it, you experience a predictable series of physical reactions. Your body goes from a relaxed state to one prepared



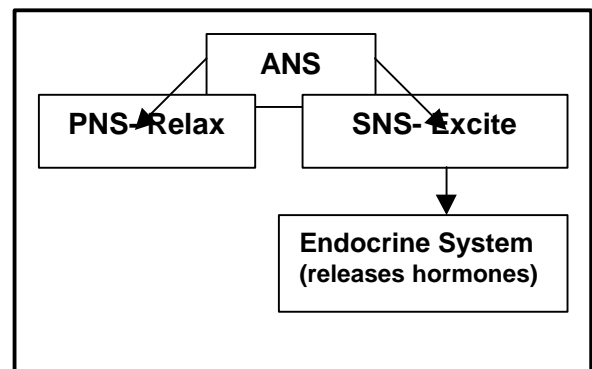
for physical action to cope with a threat to your life.

The body's stress response encompasses all the physiological emotional changes associated with stress. This automatic response has two major avenues of expression: the pathways of the nervous system and the actions of the endocrine system.

Once an individual perceives, interprets or identifies an event as a stressor, the stress response is activated. ***The stress response is the collective physiological and emotional reaction to any stressor. Moreover, physiological responses to stressors are the same for everyone.***

The autonomic nervous system, or ANS, is that branch of the peripheral nervous system that, mostly without conscious thought, controls basic body processes and includes the brain, spinal cord, and nerves. This is the part that is not under conscious supervision, e.g. what controls digestion of your lunch? In addition to digestion, it controls heart rate, blood pressure, breathing, and a myriad of metabolic events, the functions you would normally take for granted.

The ANS is divided into two divisions. The parasympathetic nervous system (PNS) is the division that is in control when you are relaxed,



digesting food, storing energy, and promoting growth. It moderates the excitatory effects of sympathetic division, slowing metabolism and restoring energy supplies in liver and muscles. The PNS is responsible for returning the body to equilibrium. The sympathetic nervous system (SNS) is the part that reacts to danger or other challenges by instantaneously accelerating the body's

processes. It basically commands your body to stop storing energy and to trigger all energy resources to respond to a crisis. The SNS mobilizes the body and activates key hormones of the endocrine system, causing the “fight-or-flight reaction.”

Returning back to the scenario of near collision with a car, as the car travels toward you, you feel only fear; but, inside your body, things almost instantaneously happen to prepare you to meet the danger. Several hormones (cortisol, adrenaline, and noradrenaline) are released to trigger a series of events:

- Hearing and vision become acute
- Heart rate increases to deliver fuel and oxygen to the working muscles
- Blood pressure increases
- Liver releases extra fuel into the blood to provide energy to muscles and brain
- Perspiration increases
- Endorphins (other hormones) are released to relieve pain in case of injury.

Taken together, these physical changes are the fight-or-flight reaction. They give you the heightened reflexes and strength you need to dodge the car or deal with other stressors. *Though they may vary in intensity, the same series of physiological events occur in response to any type of perceived stressor, albeit environmental (sight, sound, mind), emotional, physical, real and/or imagined.*

Current studies in the correlations between behavior, brain chemistry, and immunology (psychoneuroimmunology) contribute to our understanding of the links between stress and disease. People who have many stressors in their lives or handle stress poorly are at risk for cardiovascular disease, impairment of the immune system, and many other problems. Poorly managed stress causes any one of the following symptoms:

- Nervousness, sweaty palms, and faster breathing
- Irritability, insomnia and fatigue
- Difficulty to laugh and bouts of depression
- Tension headaches or migraines
- The need for pills, alcohol, or other drugs to relax

Potential sources of stress include major life changes (or world changes), daily hassles, college and job-related stressors, and interpersonal and social stressors. Modern stress theory identifies a predictable sequence of physical events.

1. **Alarm stage.** The alarm stage includes the responses of the SNS and endocrine system. Here, your body is functioning at a hormonally induced or “hyped up” tempo. At this higher operation tempo, you are more susceptible to disease or injury because most of your energy reserves are being used to deal with the crisis. Energy normally used for daily growth, maintenance, and repair is severely diminished. Common symptoms are headaches, indigestion, anxiety, and disrupted sleeping and eating patterns.
2. **Resistance stage.** With continued stress, the body develops a new level of equilibrium where it is (for the time being) more resistant to disease and injury than normal. This stage is temporary and requires a considerable amount of energy to maintain.
3. **Exhaustion stage.** Both stages 1 and 2 require substantial energy. If the stressor still persists, or several occur in succession, general exhaustion results. This is a potentially life-threatening type of physiological exhaustion characterized by symptoms like distorted perceptions and disorganized thinking.

It is well documented that exercise is an extremely effective strategy to manage the chronic stress response. Researchers have found that people who exercise regularly react with milder physical stress responses before, during, and after exposure to stressors. Furthermore, their overall sense of

well-being increases. Although even light exercise (a brisk walk or an easy bike ride) can have a beneficial effect on health, an integrated fitness program that you can get from your Unit Health Promotion Coordinator or your regional Health Promotion Manager can have a significant impact on stress. Other ways of managing stress include support from other people (contact your regional EAPC or Chaplain). Talk to people; talk is the most healing medicine. Try to maintain as normal a schedule as possible by continuing to practice good nutrition, effective time management and periods of relaxation. For more strategies, please call any of the ISC Work-Life staff at 541-1580



Friendship

By
Owen M. Norton, MSW, LSW

The Family Program Administrator (FPA) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.

How important is it to have friends? Friends really are important to us, and this is especially true when we are stationed or working away from our family. Now that the country is in crisis, individuals are pulling together and offering the strength of friendship, which is amazingly powerful. Can you imagine going through this crisis without family or friends? There are some key points to keep in mind with regard to friendships.

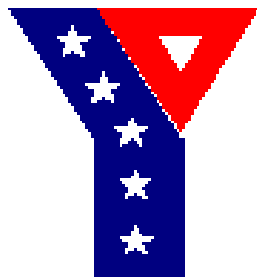
1. Everyone is different in terms of how many friends they need. One person may feel comfortable having one or two friends and another enjoys knowing and socializing with many friends.
2. Men often times have a friend for a particular activity, for example a fishing buddy, a work out friend, jogging friend, a surfing or diving friend, etc. Women tend to have friends that they do more things with as opposed to being for one activity. It is just one way that men are somewhat different than women.
3. Friendship has three phases. First, is the **initiation** phase where people get to know each other and see if they enjoy each other's company. Second, is the **deepening** phase where individuals share more about themselves and get to know more about each other. In this phase there are more shared activities. There is also more frequent dating, in a romantic relationship. In the deepening phase individuals are exploring if they share the same values and enjoy each other's company. Last is the **maintenance**

phase. In this phase we often times don't pay attention to the activities and behaviors that maintain friendships and then end up losing our friends.

The friendships you are making now or have already will not continue without attention. The other thing that happens is that some people don't choose to continue the friendships, perhaps their families have moved closer to them or old friends have come back in to their lives, or they have a need to seek out new and different friends. This can be painful for the one who wished to continue the relationship. A couple that my wife and I socialized with who divorced and one maintained our friendship and the other moved on to establish new friendships. This created a sense of loss and sadness, but we needed to appreciate the need and choice of the individual and not see it as a rejection of the friendship that we had.

For those of you who want to maintain your friendships make periodic contact via email, letter, phone calls, and don't wait thinking it isn't my turn. Get together with your friend, share a cup of coffee, go to lunch, or plan an activity. Let your friend know you appreciate them either through a kind word or gesture. Friendships are invaluable, but they don't deepen or continue without attention and maintenance.





Armed Services YMCA/AMR
October 2001 Calendar of Events
1875 Aliamanu Drive, Honolulu, HI 96818
Phone # 833-1185, Fax # 834-3631
E-Mail: ASYMCAAMR@aol.com
Open Mon-Thurs, 8:00am – 1:30pm

PLAYMORNING

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

THEME FOR OCTOBER: SAFETY

LOCATIONS & TIMES FOR AMR :

- ASYMCA Pavilion M, W, Fr 9:00-10:30
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

LOCATIONS & TIMES FOR PEARLHARBOR:

- Pearl City Penn CC Monday 9:00-10:30
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:00-10:30
- McGrew CC Wednesday 10:30-12:00
- Manana CC Wednesday 9:00-10:30
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

***NOTE "CC" stands for Community Center

** AMR Playmorning is now held in our classroom.

KINDERMUSIK

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins October 18 – November 22. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than October 16.

T.O.P.S.

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

INFANT/CHILD CAR SEATS

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

WELCOME BABY

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

NOW OPEN!!!!!!

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

EXCURSION!!!

The Armed Services YMCA will be planning a field trip to the Hawaii Theater on Nov. 2, 2001 to see **BEAR IN THE BIG BLUE HOUSE LIVE**. A bus will be provided that will leave AMR YMCA at 9:15am. The cost for the bus is \$3 per individual, regardless of age. The cost for the show is \$2.00 per person, children under 1 are free but must sit in the adults lap. Pre-payment and pre-registration required by **October 19, 2001**. No exceptions. For further information call 833-1185.

IMPORTANT DATES TO REMEMBER:

1. October 8 – Columbus Day
2. October 31 – Halloween
3. October 19 – Payment for Excursion Due
4. October 28 – Daylight Savings Time Ends

Helping Your Children Cope With Terrorist Attacks

By Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.

A couple of weeks have passed since that tragic day in September when terrorists hijacked four jet aircraft and crashed into the World Trade Center and the Pentagon. By now, your children have probably seen hours of graphic television footage. How do children deal with this kind of information? What follows is an article written by Laura Jana, MD, FAAP.

“Today, our nation is reeling from the attacks on the World Trade Center in New York and the Pentagon in Washington, D.C. When horrendous events like these occur, it not only leaves each and every adult shaken and mired in disbelief, it becomes impossible to shelter our children from the reality of what is happening. While we struggle to comprehend these awful events, it is important that we take into account our children's perspective and help them cope as well. No matter how upset we are by the grim reality that our country is not as safe as we would like to believe it to be, we have to offer our children some semblance of security in their world.

Steps parents can take

There are several steps parents can take to comfort their children and help them make some sense of the tragedy:

Personal safety and the safety of the people you love - Offer immediate reassurance in any way possible to make sure that your child knows that those people closest to him are OK. First, even though it may seem obvious, spell out to your child that the members of his immediate family--Mom, Dad, brothers and sisters--are all safe. This is essential even if you live nowhere near the site of one of the attacks. Next, reassure your child about other relatives--Grandma and Granddad, for example. Repeating the

list of dear ones who are all right will be comforting for you and your children.

Structure - Try to maintain the daily schedule as best as you can. If you normally go to the park or drop your child off at preschool, do those things. A regular routine gives children a sense of structure and security.

Details and distance - Although you may feel a need to keep the television on to catch each unfolding event, for the sake of your young children, it's best to turn it off. Children (and all people) are more able to handle shocking news when it is not immediate in time, and when it is presented in print, rather than television.

People in charge - Let your child know that people in authority--the President, the mayor, teachers--are all making sure that everyone is going to be safe. Remind your child that you are also making sure that he is safe. That, after all, is your main job as a parent.

Maintaining perspective - If your child overhears that a plane has crashed or a building has collapsed, you can reassure him that almost all planes and buildings are still completely safe. These bad events only happened in a very few, specific places.

Awareness of emotions - Even if children are too young to fully understand what is happening as tragedy unfolds, from a very early age, they are acutely aware of the emotional state of their parents. As we adults try to process this tragedy, we must expect that our children, no matter how young, may show signs of distress in response--whether it is in the form of fussiness, fear, nightmares, or tantrums.

Patience - All parents have days when their patience wears thin and the normal level of whining, fussing, and tantrums is enough to make them lose their cool.

Today, as all of us are faced with a national tragedy, the anger, anxiety, and fear we may be feeling can further fray our nerves. But we can't give into these understandable emotions when we're around our children--they need us to be calm, controlled, assuring, and patient.

Mutual support - It's very important to pay attention to our own levels of stress and shock. If you feel, as many of us do, a sense of unreality or being dazed, or if you feel a physical response to the news--tenseness in the chest, for example--these are normal and expectable responses to the tragedy. As soon as you can, find a friend, relative, or colleague, and talk about your feelings--and listen in turn to theirs. Getting this support for yourself is crucial, so that you will be able to be calm and confident with your children."

It is important that you continue to talk to your children about the events of the past few weeks. Children's reactions may appear immediately or weeks after a traumatic experience. For more information and suggestions on how to talk with your children about the day's events and the events in the coming days, see the following web sites:

Talking to Kids About War
AboutOurKids.org
New York University Child Study Center
<http://www.aboutourkids.org/articles/war.html>

Talking About Conflict and War
The Learning Network
<http://www.familyeducation.com/article/0,1120,20-6055,00.html>

Talking with Children about War - Pointers for Parents
The Learning Network
<http://www.familyeducation.com/article/0,1120,1-4412,00.html>

Talking with Kids about the News
Children Now
<http://www.childrennow.org/television/twk-news.htm>

Typical Reactions after Trauma

Five Years and younger: Fear of separation from parent, crying, screaming, immobility, aimless motion, trembling, clinging, regression to early behaviors such as thumb sucking, bed wetting.

Six to 11 Years: Extreme withdrawal, disruptive behavior, inattentiveness, regression to earlier behaviors, sleep problems, outbursts of anger or aggression at school, stomach aches or other physical symptoms, problems with school work, depression.

Twelve to 17 Years: Responses like those of adults, including flashbacks, nightmares, emotional numbing, depression, drug abuse, problems with peers, anti-social behavior, school avoidance, sleep disturbance, confusion.

Children need to feel safe and secure

Children, who are keenly aware of the emotional environment around them, need to be made to feel safe and secure and to understand – at an age appropriate level – what's going on.

- Explain what happened, simply and factually. When you don't know, say so. School-age children may benefit from seeing on a map how far away the incidents were.
- Encourage children to express feelings; allow them to be sad. Ask questions to elicit reactions, feelings and fear.
- Let children know it's normal to be upset or fearful
- Reassure children that you will take care of them; stay with them as much as possible.
- Problems commonly occur at bedtime; try to follow a calming bedtime routine.
- Don't criticize regressive behavior (thumb-sucking, bed wetting, clinging); be accepting and reassuring.
- If yours is a religious household, prayer, reading religious works or other rituals will reassure children.
- Deal with your own fears; talk to others, do what calms you.



Fleet and Family Support Center (FFSC)

Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108

Phone: (808) 473-4222

NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050

Phone: (808) 653-0203

www.pearlharbor.navy.mil/ffsc

Meeting Your Needs at Home and at Sea

OCTOBER 2001 CLASS SCHEDULE

NO CHARGE FOR CLASSES. Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
DOD JOB SEARCH	OCT 29	1:00 PM - 2:30 PM	NCTAMS PAC
FEDERAL EMPLOYMENT	OCT 2	8:00 AM - 10:00 AM	
INTERVIEWING SKILLS	OCT 9	5:00 PM - 7:00 PM	
JOB SEARCH VIA THE INTERNET	OCT 23	1:00 PM - 2:00 PM	
RESUME WRITING	OCT 16	8:00 AM - 10:00 AM	
RESUME WRITING	OCT 17	8:00 AM - 10:00 AM	
UNDERSTANDING PERSONALITY TYPES IN CAREERS	OCT 18	8:00 AM - 12:00 PM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
CAR BUYING STRATEGIES	OCT 31	10:00 AM - 12:00 PM	NCTAMS PAC
CHECKING ACCOUNT MANAGEMENT	OCT 4	12:00 PM - 1:30 PM	
COMMAND FINANCIAL SPECIALIST FORUM	OCT 24	9:00 AM - 11:00 AM	NCTAMS PAC
COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)	OCT 30 - NOV 2	7:30 AM - 4:00 PM	
LIFE INSURANCE BASICS	OCT 17	2:00 PM - 3:30 PM	NCTAMS PAC
MANAGING MONEY AND CREDIT	OCT 24	5:00 PM - 6:30 PM	
\$MILLION\$ DOLLAR SAILOR (I-II)	OCT 2-3	7:30 AM - 4:00 PM	NCTAMS PAC
\$MILLION\$ DOLLAR SAILOR (I-II)	OCT 25-26	8:00 AM - 4:00 PM	
MONEY SKILLS FOR KIDS (AGES 8-12)	OCT 18	5:00 PM - 6:30 PM	NCTAMS PAC
MONEY SKILLS FOR TEENAGERS (13-15)	OCT 23	5:00 PM - 6:30 PM	
PREPARING FOR THE HOLIDAYS FINANCIALLY	OCT 11	1:00 PM - 2:30 PM	NCTAMS PAC
PREPARING FOR THE HOLIDAYS FINANCIALLY	OCT 16	11:00 AM - 12:30 PM	
SAVINGS AND INVESTMENT BASICS	OCT 10	10:00 AM - 12:00 PM	NCTAMS PAC
SAVINGS AND INVESTMENT BASICS	OCT 25	1:00 PM - 3:00 PM	
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 3	9:00 AM - 11:30 AM	KANE OHE MCBH THEATER
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 4	9:00 AM - 11:30 AM	NAVAL SHIPYARD AUDITORIUM, BLDG. 2
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 18	1:00 PM - 3:30 PM	
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	OCT 18	9:00 AM - 11:30 AM	SHARKEY THEATER
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
FFSC BRIEF FOR COMMAND LEADERSHIP	OCT 4	9:00 AM - 10:00 AM	
FFSC DAY AT THE NAVY COMMISSARY	OCT 25	10:00 AM - 1:00 PM	

OMBUDSMAN/VOLUNTEER CLASSES/MEETINGS	DATE	TIME	*LOCATION
COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING	OCT 18	6:30 PM - 8:30 PM	LOCKWOOD HALL
COMSUBPAC OMBUDSMAN ASSEMBLY MEETING	OCT 16	6:00 PM - 9:00 PM	LOCKWOOD HALL
OMBUDSMAN BASIC TRAINING (I-VI)	OCT 1, 2, 3, 4, 9, 10	5:00 PM - 9:00 PM	
PARENTING CLASSES	DATE	TIME	*LOCATION
BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN (AGES 1-4)	OCT 11	8:00 AM - 10:30 AM	NCTAMS
DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 5-10)	OCT 23	9:00 AM - 11:00 AM	
LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 1-4)	OCT 16	10:00 AM - 1:00 PM	
MANAGING THOSE WONDERFUL TEENS (AGES 11-17)	OCT 18	9:00 AM - 11:00 AM	
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
ADULTS MOLESTED AS CHILDREN (ON GOING)	OCT 2, 9, 16, 23, 30	1:00 PM - 3:00 PM	
ANGER MANAGEMENT	OCT 17	8:00 AM - 11:00 AM	
BREAKING UP: MOVING ON (I-IV)	OCT 9, 16, 23, 30	5:00 PM - 7:00 PM	
COMMUNICATING WITH KIDS AND TEENS	OCT 16	5:30 PM - 7:00 PM	
FAMILIES GROWING AND CHANGING TOGETHER	OCT 23	5:30 PM - 7:00 PM	
FIGHTING FOR YOUR MARRIAGE (I-IV)	OCT 3, 10, 17, 24	5:00 PM - 7:30 PM	
KNOW WHAT YOU WANT, SAY WHAT YOU WANT, GET WHAT YOU WANT	OCT 9	5:30 PM - 7:00 PM	
MARS AND VENUS COMMUNICATING	OCT 2	1:00 PM - 3:00 AM	NCTAMS PAC
NEW DIRECTIONS SUPPORT GROUP	OCT 4, 11, 18, 25	3:00 PM - 4:45 PM	
PARENTING POWER	OCT 2	5:30 PM - 7:00 PM	
RESOLVING FAMILY PROBLEMS	OCT 30	5:30 PM - 7:00 PM	
STRESS MANAGEMENT	OCT 3	8:00 AM - 11:00 AM	
RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ALOHA TOUR	OCT 17	7:45 AM - 3:30 PM	
CHINATOWN WALKING TOUR	OCT 24	9:00 AM - 1:00 PM	
HOME BUYING SKILLS WORKSHOP	OCT 25	5:00 PM - 8:00 PM	
SPONSOR TRAINING	OCT 11	8:00 AM - 10:00 AM	
WELCOME TO HAWAII	OCT 4	8:00 AM - 10:00 AM	
WELCOME TO HAWAII	OCT 10	8:00 AM - 10:00 AM	NCTAMS PAC
SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI COMMAND REPRESENTATIVE TRAINING (I-III)	OCT 23-25	8:00 AM - 4:00 PM	
SAVI VICTIM ADVOCATE REFRESHER TRAINING	OCT 9	12:45 PM - 2:45 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
EXECUTIVE TRANSITION ASSISTANCE PROGRAM (ETAP) SEMINAR (I-III)	OCT 2-4	7:30 AM - 4:00 PM	
NETWORKING	OCT 30	8:00 AM - 10:00 AM	
PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)	OCT 5, 12, 19, 26	8:00 AM - 11:00 AM	
SEPARATION/TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)	OCT 16-18 OCT 23-25	7:30 AM - 4:00 PM	

All classes are located at the Fleet & Family Support Center, Bldg. 193, Pearl Harbor, unless otherwise indicated.

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

DEALING WITH DIFFICULT PEOPLE, Oct 3, 9:00-11:00

a.m. Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

DEPARTMENT OF VETERANS' AFFAIRS (VA)

BENEFITS COUNSELING, Oct 16, By Appointment. Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

FAMILY READINESS BRIEFING, Oct 1, 15, 22, & 29, 1:00-2:30 pm.

Create your own Personal Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

HOW TO START AND EXPAND YOUR OWN BUSINESS,

Oct 25, 1:00-3:00 pm. If you are thinking about starting your own business, this workshop is a must! A representative from the US Small Business Administration (SBA) and Milton Kwock, Manager of the Business Action Center, DBEDT, State of Hawaii, join forces to present a general overview and key considerations for potential entrepreneurs.

INTERVIEWING WITH CONFIDENCE, Oct 30, 9:00-11:00

am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

INVESTING MADE SIMPLE, Oct 31, 1:00-2:00 pm. This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available which can help you build your financial future.

LOOKING FOR EMPLOYMENT IN HAWAII, Oct 2 & 23,

8:30-11:00 a.m. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank.

MONEY MANAGEMENT, Oct 3, 1:00-2:00 pm. This "hands on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NEW TO HAWAII FINANCIAL BRIEFING, Oct 10, 1:00-

2:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

OPERATION HALLOWEEN, Oct 30, 4:30-6:30 pm (FSC Lanai). The Family Support Center and Family Member

www.hickam.af.mil/FamSup

Programs cordially invite you and your children to enjoy "free" pre-Halloween festivities.

PICK A WINNING MUTUAL FUND, Oct 24, 1:00-2:30 pm.

You've determined your risk tolerance and asset allocation and are ready to invest. With over 8,500 mutual funds available, how do you choose one that meets your needs? This class will teach you the dos and don'ts to increase your chances of choosing the right mutual fund for you.

PLAYMORNINGS, Tuesday-Friday Sessions, Oct 2-31, 9:00-

11:00 am. Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

SINGLE PARENTS ARE SPECIAL (SPARES), Oct 18, 11:00

am-12:00 pm (FSC Lanai). This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

SMOOTH MOVE, Oct 25, 9:00-11:30 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

SPONSORSHIP TRAINING, Oct 4, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP)

WORKSHOP, Oct 16-18, 8:00 am-4:00 pm, Daily (Chapel

Annex, Bldg 500). Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Oct 4 & 18, 11:45 am-12:45

pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

VOLUNTEER SUPERVISORY TRAINING, Oct 10, 11:30

am-1:00 pm (American Red Cross, Bldg 1113). Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

WHAT TO EXPECT AFTER YOU'RE EXPECTING,

Oct 16, 6:00-8:30 pm. Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

SECRETARIES MARTINEZ AND RUMSFELD ANNOUNCE MORTGAGE RATE CUT FOR AMERICA'S MILITARY

WASHINGTON - Reservists and members of the National Guard called to active duty will receive a cut in their home loan interest rates for the first time since the Gulf War, U.S. Housing and Urban Development Secretary Mel Martinez and Defense Secretary Donald H. Rumsfeld announced today at a Pentagon briefing.

Under the 1940 Soldiers' and Sailors' Civil Relief Act, HUD is advising all FHA-approved lenders to reduce mortgage interest rates to no more than six percent for military personnel on active duty.

"When our sons and daughters in uniform are called upon to serve this great nation, we will stand behind them. We want to reassure our servicemen and women that while they are focused on protecting America, we will do everything we can to protect their families' housing needs," said Martinez today in a joint appearance with Rumsfeld. "Today's announcement with the Department of Defense is another example of the cooperation we've seen throughout the federal government as we look for ways to assist American families."

"During this crisis, it is important that the Department of Defense and Department of Housing and Urban Development work together to develop inter-agency programs to assist uniformed men and women and their families to relieve their mortgage burden," said Rumsfeld. "The Soldiers' and Sailors' Civil Relief Act will enable our military forces to focus on combating terrorism and not have to worry about their families' financial security at home. The Department of Defense and the U.S. Government will do everything they can to support our troops as they serve and sacrifice for our country."

Reservists and Guardsman on active duty should immediately contact their lenders to take advantage of the mortgage rate cap. The Soldiers' and Sailors' Civil Relief Act prohibits any mortgage lender from initiating foreclosure action against persons in military service while on active duty and three months thereafter without court approval or an agreement between the parties.

Some active duty military personnel may also qualify for this interest rate cap if they incurred their mortgage debt prior to their active duty. In addition to the mortgage rate reduction and expanded foreclosure protection, Martinez is taking the extraordinary step of encouraging mortgage lenders to postpone principal payments for all servicemen and women during their activation and three months thereafter. Martinez also reminded military members that the Soldiers' and Sailors' Civil Relief Act provides renters a measure of protection against eviction and the ability to terminate their leases during this recall period.

Beginning on Tuesday, September 25, HUD will activate a toll-free number for servicemen and women with questions concerning their mortgage. For more information, call 1-888-297-8685 between the hours of 7 a.m. and 7 p.m. on weekdays.



Greensheet

National Council of Coast Guard Spouses' Club

SPOUSES' CLUBS ONLINE REGISTRATION

A new school year has started again, and with it, a new year for CG spouses clubs. National Council wishes everyone an enjoyable and successful year and wants to remind all clubs to please register their club, including new officers, on the National Council website. This is our primary method of finding out who and where you are so we can keep in better communication with you and help or advise if needed. The website address is www.cgspouses.net/clubs/.

If you have any questions on club issues this year with which we may be able to help, please feel free to e-mail us at the addresses on our site. Thank you for your help with this matter and best wishes for a terrific year!

Lori Stillman and Judy Brusseau
Co-Chairs of National Council

Anniversary Celebration

By Lori Stillman

Nearly 75 Coast Guard spouses gathered at Bolling Air Force Base in Washington, D.C. on May 10, 2001 for a luncheon to celebrate the 75th anniversary of the Coast Guard Officers' Spouses' Club of Washington, D.C. and the 50th anniversary of the National Council of Coast Guard Spouses' Clubs.

The group was welcomed by Judy Brusseau, who chaired the event, and colors were presented by the Coast Guard Honor Guard. Histories of the Washington, D.C. club and the National Council were given by Presidents Marla Viekmán and Lori Stillman, respectively. The main address was given by Admiral James Loy, Commandant of the Coast Guard.

Several members of the clubs, led by Brenda Bell and Alice Parker, entertained the guests with a wonderfully humorous skit portraying Coast Guard spouses' clubs

then and now - from the 1950's to present. Pidge O'Connell, a club member for over five decades, tied everything together with her summation of club membership and what it means. Musical entertainment was provided by the Coast Guard Cutters.

The program also included honors for members who have given continuous service to Coast Guard wives/spouses clubs for several decades. Those honored were Marge Hirschfeld and Dottie Chiswell for over 60 years of service and Doris Hutson and Ruth Rea for over 55 years of service. Balloons were presented to Mrs. Jean Shields in honor of her recent 90th birthday. The luncheon concluded with a rousing rendition of Semper Paratus.

The anniversary luncheon was a joyous celebration of a rich history for these two organizations and a commitment to future support of Coast Guard spouses' clubs throughout the nation.

Wanted: Coast Guard Spouses

Coast Guard spouses' clubs are looking for spouses to share in fellowship, networking, information exchange, and community service. Many hands are needed to lighten the workload of all. No experience necessary! Contact your local spouses' club for a membership form.

*This edition of the GREENSHEET is
dedicated to the victims and their
families of the September 11th
terrorist attacks.*

*We also wish to thank all the rescue
workers and care givers who have*

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given unselfishly of their time and efforts.

God bless each and everyone!

Newsletter Contest Time! Spouses' Clubs & Ombudsmen

New Category Added – Spouses' Clubs' Websites

Attention all spouses' clubs and Ombudsmen! It's fall and time to kick off this year's newsletter contest. We have a new category, Spouses' Clubs' Websites. It seemed like the next step to take considering many clubs have stopped publishing newsletters on paper in favor of a club website. The contest is kicked off in the Fall Edition, closed in the Winter Edition, and the winners announced in the Spring Edition. So let's get started!

National Council recognizes the need of all Coast Guard spouses to be in the information loop. The spouses' clubs' newsletters and the Ombudsman unit newsletters are valuable communication tools to fill the need of spouses to be kept informed. Our goal is to offer the challenge of a contest in hopes of starting newsletters for those without, and improving existing ones. We also realize some spouses' clubs have gone beyond the paper copy newsletter and started their own websites.

This contest is a National Council of Coast Guard Spouses' Clubs function and sponsored by the Coast Guard Foundation. This partnership has been forged in mutual support of family quality of life programs. And thanks to the Coast Guard Foundation's generosity, this year's contest is even bigger and better!

Starting this year the Newsletter Contest will have three categories: (1) spouses' clubs' newsletters, (2) Ombudsmen newsletters, and (3) spouses' clubs' websites. Each will have the same award levels and prize money. The top three in each category will win prize money and have their newsletters posted on line.

Contest Rules

1. Your spouses' club must be registered with National Council or you must be an officially appointed Ombudsman registered with your

Ombudsman Coordinator at your Work Life Center.

2. Spouses' clubs may enter only one category per contest.

3. NEWSLETTERS:

- All newsletters will be judged on a point system: Logo-10, Format-20, Graphics/Art-15, Article Content-30, and Local Interest-15.
 - Do not submit newsletters with colored logo, print, graphics, or photos unless the newsletter is distributed to all members or families with the same colored copies.
 - All newsletters must be published between August 2000 and January 2001.
 - Submit a cover letter with the editor's name, address, phone number, email address, name and location of your club or unit.
4. Send five copies of the edition you have selected to enter. All hard copy newsletter entries must be postmarked by January 30, 2002. Send entries to: Anne Perkins, P.O. Box 1144, Islesboro, ME 04848. Entries will not be returned.

5. WEBSITES:

- All websites will be judged on a point system: logo/graphics/wallpaper 15, page links/hyperlinks 15, article content 30, main menu/site map 20, and site/page format 20.
 - All websites must be online as of November 1, 2001.
 - Submit your email application with the webmaster's name, snail mail address, email address, phone number, name and location of your club to Perk81@aol.com (Anne Perkins). Please put "NC Contest" as your subject line.
 - All email entries must be submitted to Anne Perkins by January 30, 2002.
6. An impartial, civilian panel will do the judging. There will be prize money paid for the First, Second, and Third Place winners in each of the three categories. The prize money will be paid to the club or the unit morale fund in support of the Ombudsman Program. All other entries will be Honorable Mentions.
 7. Winners will be announced in the Spring Edition of the GREENSHEET and posted on line at: <http://www.cgspouses.net/clubs/>

Have fun and be creative! Good luck and happy editing!

Help Disaster Relief

- Give blood!
- American Red Cross Disaster Relief: redcross.org
- USO: uso.org

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- Army Emergency Relief: aer.org
- Navy-Marine Corps Relief Society: nmcrs.org
- Air Force Aid Society: afas.org
- Tragedy Assistance Program for Survivors: taps.org

This Quarter

October – Columbus Day, Fire Prevention Week, Domestic Violence Awareness, Breast Cancer Awareness, Sudden Infant Death Syndrome, Halloween

November – All Saints' Day, Election Day, Veterans' Day, National Adoption, Child and Safety, Alzheimer Awareness, Great American Smokeout, Military Family Week Thanksgiving

December – Drunk and Drugged Driving Prevention, Safe Toy and Gift, World's Aids Day, Hanukkah, Christmas, New Year's Eve

Ombudsman Corner

Careline Guidelines

Carelines are dedicated phones lines with a posted message and or voice mail, which is accessible 24 hours a day, seven days a week. This phone line, with services, is provided by the command and not for personal use. Unit Ombudsman will access the number to post voice messages.

- During deployments the Ombudsman may prepare a voice message on information received from the command. This message may not contain the location of the unit, or dates and locations of port calls. Classified information may not be posted on the careline.
- Ombudsman contact information/instructions can be posted for families with questions or concerns.
- Announcements for mail or parcel drop off and delivery to the unit may be given.
- Unit social/sport activities during deployments and imports may be posted.
- In the event of a natural disaster, unit incident, or national emergency during a deployment, check with the Public Affairs Officer before posting the information. This message requires brief, concise facts and contact information.

Careline information/numbers should be listed with Ombudsman contact information given to all unit family members. Families of single personnel are also encouraged to use the careline.

Rights and Benefits

As of press time:

- Defense Authorization Bill Pending: Scheduled to go to the Senate floor the week of September 24th with possible consideration for eliminating disability offset to military retired pay and to increase the age 62 Survivor Benefit Plan annuity. This also has pieces for Basic Allowance for Housing increases, Impact Aid, Transfer of GI Bill education benefits to a family member, and medically skilled care for TRICARE patients in custodial care.
- **TRICARE** offers an online course called TRICARE Basic Student Course for greater understanding of medical benefits at: <http://199.211.83.208/public>
- Look for tighter ID checks in commissaries and exchanges until further notice.
- The Full Service Move Pilot has been terminated.

Protocol and Manners

Thank-You Notes

A thank-you note should be written within seven days of attending an event or receiving a gift. The envelop should be addressed to the host/hostess or organization. The note should be dated, addressed to the host/hostess, contain a comment on the occasion or gift, an expression of thanks, and respectfully signed.

Letter of Condolence

These are very difficult letters to write but very appreciated by the receiver. The envelop should be addressed to the widow/er or family, if applicable. The note should be dated, addressed to the widow/er, contain an expression of sympathy, encouragement, and desire to help, and respectfully signed.

Scholarship Information

Do you have a family member getting ready for college or already attending? Tuition money doesn't grow on trees. Here are some scholarship and grant programs

- 2002 Defense Commissary Agency/Fisher House Scholarships for Military Children

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Program. Look for information in your local commissary starting 1 November, or at www.commissaries.com

- Coast Guard Mutual Assistance Education Grant and Loan Programs for spouses' and dependent children of Mutual Assistance eligible personnel. Website at: cgmahq.org
- The Vander Putten Family Scholarships for active duty, enlisted CG personnel. For information email: ywright@comdt.uscg.mil or rskewes@comdt.uscg.mil
- The Arnold Sobel Endowment Fund Scholarship for CG dependent children. For information email: ywright@comdt.uscg.mil.

Don't forget to check with your Educational Officer for testing out of college credits using CLEP or DANTES. These test are free for active duty and their dependents. This is a great way to get some of the required liberal arts courses out of the way before setting foot in college.

The Lawnmower Rule By Wanda Allen-Yearout

In 1980 we transferred to the USCGC DURABLE, then stationed in Brownsville, Texas. And it seemed like if we didn't have bad luck, we didn't have any luck at all. We sustained a lot of furniture damage. A hurricane hit just as we unpacked, and of course the ship got underway. My teaching certification was messed up and I started at a much lower salary. I could just whine on and on here.

As it always happens, the ship was starting a patrol and the grass was out of control in our ½ acre yard. As my husband left he told me to go buy a lawnmower and mow the grass. This didn't seem like a hard task. I had paid the bills and knew how much money I could spend, and I knew about how big of a mower I could physically handle. Off I went to Sears and bought a nice blue lawnmower, on sale, of course.

By the time my husband returned, I had mowed the grass several times and had everything in good shape. I was more than happy to give the lawn-mowing chore back to him. When it came his turn, he only mowed the small front yard before he came inside to complain about the crummy lawnmower I had bought.

This was the proverbial straw that broke the camel's back, only in my case, it was a lawnmower. After the

dust settled I decided we needed some ground rules. This is what I came up with:

I will make the best decision I can with the information I have. There will be no condemnation from the other spouse. We will live with the decision. If it turns out to be wrong, we will learn from it and move on.

This may sound ultra simple, but it stops arguments, and saves lives. There is no more assigning the titles of "Who's Right" and "Who's Wrong". When they start printing the "Rules for Marriage" on the back of the marriage certificate, I hope they include this one.

Now days, I use this life lesson when I do pre-deployment briefings called "Hearts Apart". After giving the briefing to one of our 378's, one of the crew came up to me a few days later in the exchange. He just wanted to tell me he had invoked the "Wanda Rule" at his house. We both laughed.

Sept. 11, 2001

*Our heads have been bowed,
Our eyes have wept bitter tears,
Our knees have been bent in prayer,
But now...
WE STAND!*

National Council of Coast Guard Spouses' Clubs

Honorary Advisors:	Kay Loy, Nancy Collins
Advisor:	Brenda Bell
Co-Chairs:	Lori Stillman, Judy Brusseau
Admin.:	Trena Stalfort
Finance:	Anne Perkins
By-Laws:	Judy Brusseau
Communications:	
Website Coordinator;	Mandi Stehn
GREENSHEET Editor	Wanda Allen-Yearout,
Newsletter Contest	Anne Perkins
Co-Chairs	Wanda Allen-Yearout
Work Life Liaison-	Elaine Sweetland

Contact Board members at: www.cgspouses.net/clubs/

Contact GREENSHEET Editor, Wanda Allen-Yearout, by email at yearout@aol.com . Please submit any fundraising

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or organizational tips for your club. Ombudsmen are also encouraged to submit issues/concerns for the Ombudsman Corner.

Deadline for the Winter Edition 2002 is November 26, 2001.

CHILDREN CAN COPE

By Brian J. Olden, LCSW, DCSW

Heidelberg, Germany -- For the first time in American history, the United States has experienced coordinated terrorist attacks in several locations. We are all shocked, grieved, fearful and angered by the experience. Most of us walk around feeling that something like this could never happen to us. Now that it has, we have to deal with that reality. Children will have varied reactions to this experience. However, they may not have the opportunity or ability to express their feelings as adults do. So, as parents, caregivers and teachers we will have to help the children find positive and constructive ways to express their feelings.

What we all are dealing with is a crisis, and principles of crisis intervention state that it is important to try to reach a state of balance as soon as possible, in order to return to our previous level of functioning. For children, this means trying to establish as much of a safe and secure environment as possible. Try to use every opportunity to reinforce for your child that they will be safe. Reassure your child that the adults in their life are doing their best to keep things like this from happening. Point out to them that the Army, the police, and the firemen are there to help. Most importantly, keep in mind that children will observe how the significant adults in their life are handling the crisis, so it is important to remain calm and try to maintain routines and stability at home.

So, what feelings are children likely to have? Shock, fear, confusion and/or anger are all possible reactions. If a child has been touched more directly by these attacks, if a family member or close friend or relative has been hurt or killed in an incident, a child's reactions are likely to be more intense. If a child withdraws, try to gently draw the child out by getting him or her to talk, write, or draw about their feelings. Honest, simple discussions of your own reactions may help.

It is important to allow your children to talk about their feelings and their understanding of what has happened. Ask them questions about what they know so you can assess their reaction and understanding. False reassurances and simply dismissing their fears are generally not helpful. How well they understand it and how well they will be able to express themselves will depend on their age. Parents and caregivers should also take age and developmental level into consideration when telling their children about the terrorism. We don't want to give children more than they can handle.

If there are young children around the house, parents will want to limit the amount of television news coverage the children are exposed to. Constant images of destruction may be overwhelming. Preschool age and younger children will mainly need to be assured that they and their family are safe, and descriptions of what has happened should be simple. In addition to the emotions mentioned above, young children may temporarily regress in some of their skills or habits. Older children and teenagers may be more curious, may want to see more of the news coverage, and should be encouraged to talk about their questions and their feelings. It is a good idea for parents to watch the news with their children. They will also need reassurances that they are safe and will be taken care of.

In any crisis situation, group support is very beneficial. The school is an excellent setting for this to occur, so teachers and counselors can encourage discussion of the events and feelings related to them in the classroom. If your child attends a local national school, be aware of teasing which may occur in that setting. While European nations have expressed solidarity and sympathy with the U.S., children can sometimes be cruel. Be sure to make an opportunity to speak with your child about what is being said in their school.

Finally, parents, caregivers and teachers should be aware of more serious reactions. Changes in sleeping or eating patterns, mood changes (anxiety, irritability, and aggressiveness), withdrawal or school refusal, which persists, may require more attention. Teens are likely to express more serious problems by being oppositional and acting out. In these circumstances, seek out a qualified mental health professional for assistance.

Brian Olden is a Licensed Clinical Social Worker and is currently the Chief of the Educational and Developmental Intervention Service (EDIS) at the USAMEDDAC in Wuerzburg, Germany.

Tripler's Obstetrics & Gynecology Clinic outlines Same-Day Evaluation appointments

Tripler Army Medical Center Public Affairs Office (Ph: 808-433-5785)

News Release Number 00-114

HONOLULU –Tripler Army Medical Center's Obstetrics & Gynecology Clinic staff has policy guidelines it is asking patients to follow that are outlined below, according to Maj. Deborah J. Crawford, the clinic's head nurse. The clinic staff's goal is to provide a safe environment for everyone.

- Care provided for patients with emergency conditions, as determined by the nursing/physician staff of the clinic, will be seen as a priority whenever identified.
- Active-duty patients in uniform will be seen without appointments only during the first hour of clinic operation.
- All other patients needing to be seen for an acute or urgent problem will be seen on an appointment-only basis. Please call 433-2778, extension 413, 7:30 a.m. – 2:30 p.m., weekdays to schedule an appointment.
- Patients who arrive in the clinic needing to be seen for an acute or urgent problem without a scheduled appointment, will be given the next available appointment. This appointment may be several hours from the time of arrival in the clinic. Patients may return at the scheduled appointment time, or may check-in early for that appointment; however, the clinic staff may not be able to see patients before the scheduled time.
- Children over 12 weeks and under 12 years of age are not allowed in the clinic during the hours of operation of the clinic to ensure their safety and well being. Patients are asked to please arrange childcare for their appointments.

(Note: The Children's Waiting Room is a new free service at Tripler patients may use if they have a medical appointment with no one to care for their child. It is near the Pediatric Clinic, mountainside fourth floor, and is run by the Armed Services YMCA. Appointments are recommended and can be made by calling 833-1185 but drop-in children will be accepted if there is room.

Parents must present a slip from the doctor verifying the medical appointment when picking children up. No sick children are allowed, maximum drop-off time is 2 and a half hours, and children will not be fed or provided refreshments. The staff is not able to give medications to the children. Call the number above for more information or to volunteer for the program.)

- Appointments are now available for patients needing to receive injections by the nursing staff in the Same Day Evaluation Clinic. Appointments may be made by calling 433-2778, extension 411 in advance, or 433-2778, extension 413 the day that the injection is needed.

Crawford thanks patients in advance for their assistance in making the clinic a safer place for everyone.



PSAP- Primary School Adjustment Project

By
Ms. Mary Mansfield

The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for family members, special needs, and adoption reimbursement.

What is PSAP? It may be a program that could benefit your elementary aged child!
With the terrorist event on Sept. 11, many of our children may be experiencing fearfulness, anxiety, or other social difficulties.

At Red Hill Elementary School, **PSAP-Primary School Adjustment Project**- has been in progress since the opening of school in August. For Primary grades Kindergarten – Three (K-3), the main goal is to provide encouragement and support services to young children who are having difficulty adjusting to school. The prevention of mental health problems in children through early identification, the immediate support of a warm and caring adult, the involvement of key school personnel in a team approach, a school selected mental health consultant, plus the involvement of parents,- all of these set the stage for your child to succeed in the early grades.

Each school is staffed by a full time child aide and a half time home-school liaison, who are supervised by the principal and the school counselor. A child psychologist or psychiatrist is contracted to provide consultative services and meets regularly with the entire school team (the teacher, principal, counselor, child aide, school social worker, and home-school liaison) to review the student's needs and coordinate follow-up. Project funds provide for substitutes while teachers participate in team conferences or in-service training activities.

IDENTIFICATION PROCESS

Faculty and parent orientation sessions provide key players the details of project goals and services. Teachers initiate a referral in

consultation with the principal and counselor. The child's problem may include anger management, distractibility, low self-esteem, peer difficulties, fearfulness, anxiety or other social difficulties. The school notifies parents that their child is being considered for the program, informs them about the project and requests written consent for participation. Parents share information about the child's background through a home interview or school meeting. The child aide meets with the child or makes classroom observations to gather information regarding the child's perspective. An intake conference is scheduled, parents are invited to attend, and the school team shares the information about the child, identify specific behaviors to be addressed and suggest appropriate intervention strategies.

Typically, children meet with the child aide, individually or in groups of 3-4 students, once or twice a week in a project room equipped to allow for art, free play, directed activities or discussion. The aides form a close relationship with each child and use a variety of play and guidance materials to help the child talk about his feelings, learn problem solving, and practice social skills.

At intervals during the school year, team meetings are held to discuss the progress of each participant and whether additional follow-up or a change in the program may be indicated. When a child has met his prescribed goals and has adjusted well to school, the child is recommended for exit from the program.

Terrorism and Character

by Michael Josephson, Josephson Institute of Ethics

It may be many weeks before we know how many lives were lost or ruined in the terrorist attacks in New York and Washington. It will take longer to discover the impact on our personal and national character. One thing for sure, the calamity of September 11th will have a lasting impact on the American psyche. Terrorism isn't new but it's never occurred on this scale before and we can't escape the implications of this conclusive evidence of our vulnerability to instantaneous mass destruction.

To put the enormity of what just happened in perspective, the 1983 attack on the Marine Barracks in Beirut killed 241. The 1988 downing of Pan Am 103 killed 270. Six people died in the World Trade Center bombing in 1993 and the Oklahoma City bombing in 1995 killed 169. In 1998, explosions in two American embassies in Africa killed 224 people including 12 Americans. Fifteen students died in the Columbine shootings in 1999 and in 2000 17 were killed in the terrorist attack on the USS Cole 17. At Pearl Harbor, about 2,400 seamen were killed. It is possible that the death toll on the morning of September 11 will exceed all these tragedies combined.

In the next days we will see close ups of horrible carnage and we will be confronted with choices that could alter the nature of our society and change us as individuals. As a frantic desire to lay blame and find solutions envelops public discourse, some of the distinguishing characteristics of American policy will be challenged and we have to be careful not to compromise principles that have defined our national character.

I'm not worried about over-reaction against the perpetrators of this mass murder if they can be identified with reasonable certainty. Both my sense of justice and belief in the value of deterrence justifies a swift and strong reaction.

I am worried that our hunger for retribution can lead us to adopt policies that overcome our best instincts and values. In the aftermath of Pearl Harbor, we turned our backs on our most cherished traditions and created internment camps literally imprisoning thousands of innocent and loyal Americans of Japanese decent.

Already, ethnic stereotyping and talk about mass retaliation, removing prohibitions on assassinations, and giving the FBI and CIA expanded powers challenge our sense propriety and civility. This is a time for caution. Anger and fear are natural but if we are not thoughtful, our defenses could be more dangerous than our enemies.

But more than our national character is at stake. Filled with compassion, fear, rage, and a desire for revenge we can emerge more caring or more callous.

We know that mortality statistics can't begin to convey the personal grief behind those numbers. And while compassion and empathy are important qualities of character, they can cause pain. It's tempting to shield ourselves by turning away, but if we do, we risk becoming desensitized and we lose the opportunity to fortify our instinct to care. We should realize that embedded within the headlines are tens of thousands of individual tragedies and force ourselves to stay emotionally engaged because it strengthens our humanity.

It can be sad and depressing, but if we allow ourselves to imagine with our hearts what is being felt by every single child who became an orphan, every parent who lost a child, or by each husband and wife suddenly divorced by death, we are more likely to help others -- and to become better people.

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My fellow District 14 Coast Guardians:

September 11, 2001 was indeed a sad and tragic day for our nation. No doubt, words fail us at such times as these. Chaplain Ron Swafford, Pacific Area/District 11 Chaplain, captures well, I believe, the shared sentiments of our hearts and minds. May his prayer, then, be our united prayer.

"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea." (Psalm 46:1-2) "For this is our God for ever and ever; He will be our guide even to the end." (Psalm 48:14a)

God's grace and peace, Chaplain McKay

"Devoted to God and country, we unite to provide innovative, life transforming service throughout the Sea Services and beyond." (Vision statement of the U. S. Navy Chaplain Corps)

"Empowering D14 personnel and family members with God's strength for mission accomplishment and life enjoyment." (Vision statement of D14 USCG Command Religious Program)



Lord, God and Heavenly Father, I cry out to You in pain, anguish and desperation. Your perfectly created world has been corrupted by those who live lives of evil and violence - and too often we as Americans have turned a deaf ear or a blind eye. Our country, in years past, turned to You and Your ways for guidance and solace. Today I ask that we as a "nation under God" return to You as our source of strength, comfort and support.

May those who lost loved ones in the terrorists' attacks today find a consolation from You that no human can give. Grant unto them your grace, mercy and peace. May those of us who did not share direct or personal loss do more than our part.

May our personal actions and our national response be informed by Your wisdom. Give to us as a nation a spirit of humility and love.

I pray for immediate cessation of the violence. May no more attacks occur.

I pray for Your protection for the rescuers and response personnel. May their feet be swift, their hands be skilled, and their professionalism be unwavering as they look upon horror after horror.

I pray for our President and all national leaders. Give to them great wisdom as they assess the situation and decide upon a response.

I pray for national unity and courage. May we be completely informed and wise in all our actions.

I pray for justice. May it be swift and sure.

I pray for peace. May it pass understanding.

I pray for a renewal of national character. And, may we find that character in Your greatness and holiness.

I pray that You will cover all the deficiencies in every human effort, even in this prayer. May Thy will be done on earth as it is in heaven.

For Thine is the kingdom and the power and the glory; forever and ever!

Amen!



U.S. Department
Of Transportation

Mailing Label

United States

Coast Guard

Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398

Your Work-Life staff and friends send a warm "aloha" after the "Aloha Resource Fair" on September 5, 2001 at the KKH Community Center.



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tom
row,
from

left: Mary Mansfield, Monica McBrady (KKH MWR Director), Jessica Dung, Nancy Kiffer (Work-Life volunteer). Center row, from left: Bungee the Clown, Faye Garan, Owen Norton, Wanda Allen-Yearout. Top Row, from left: Walt Wrzesniewski, Janine Wrzesniewski, Shirley Caban, Jeri Couthen.